

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

APRIL 21, 2006



Cpl. Michelle M. Dickson

Women step to the music during the Step Challenge class at the Semper Fit Center. The one hour class is offered Monday, Wednesday, and Saturday mornings.

Breaking a sweat while staying in step

Cpl. Michelle M. Dickson

Combat Correspondent

As part of the Semper Fit Center's Group Exercises here, the Step Challenge class offers participants a way to burn calories, while having fun.

"We try to make the classes here as fun as possible," said Andi Scheeler, aerobics instructor, Semper Fit Center. "We use good music and try to keep everyone energized to keep going."

Scheeler has been an aerobics instructor here for approximately a year and teaches the Step Challenge class every Wednesday morning. Other instructors teach the step class on Mondays and Saturdays as well.

"The step class is basically a lot of cardio interval training," said the Bismarck, N.D., native.

"The way I teach my class is I use a lot of easy combinations, with a lot of intensity. That way, there are a lot more calories, and a lot more fat being burned."

Scheeler's class begins with the first five to ten minutes warming up, followed by 45 minutes of a cardio work out. The last 15 minutes are to cool down and work out the abs.

"We do a lot of squats and step ups as well, which is really great for toning the legs," said the 28-year-old. "People ask me all the time if I lift at the gym and work out my legs a lot. I tell them no, it's all because of the step class."

Elisabetta Nolan, homemaker, has been attending the class since January and has already lost 10 pounds.

"I used to be a substitute aerobics instructor, and then I had two children," said the Verona,

Italy, native. "I gained a lot of weight because of this, but with a good diet and doing this class, I'm really benefiting."

Nolan said she likes the fact there are different classes for different skill levels and experience.

"They have beginner, intermediate and experienced levels of challenge," said Nolan. "No matter what age you are, or how healthy you are, you will fit in."

Besides getting toned and losing weight, Scheeler said the class will also benefit someone who will also take part in other forms of physical training.

"I noticed that after doing the class for a while, it made running a lot easier for me," said Scheeler. "With this class, you are constantly concentrating on your feet and your movements so you don't even notice how much you are actu-

ally working out. You end up gaining a lot of cardio endurance."

The music that is played during the classes also helps the groups to be more energized, said Clarissa Cummins, aerobics instructor, Semper Fit Center.

"Even the fact that there is a group of people working out together motivates someone to do more I think," said Cummins. "You need to be in a group atmosphere to be able to push yourself more than you would be able to push yourself on your own."

Step classes go from 8:45 to 10 a.m. on Monday and Wednesdays, and from 9 until 10 a.m. on Saturdays.

For more information on step classes, or other exercise programs at the Semper Fit Center, call 257-7597.

Practice game gets competitive

Lance Cpl. Roger L. Nelson

Combat Correspondent

The Hawaii Marine Varsity Basketball team was edged out 67-64 in a practice game here Saturday by the Twenty Nine Palms Varsity Basketball team at the Semper Fit Center gym.

The win for Twenty Nine Palms didn't come easy as the game went into overtime.

Led by Spencer Rutledge, Twenty Nine Palms Varsity coach, their team stayed strong throughout the game using speed to their advantage.

"We've been doing well in all of the games so far, and the team played their hearts out," said Rutledge. "These practice games help us out a lot and I think we're very prepared for the real season."

Rutledge said his team likes to run and uses it as a strong point.

"We always look forward to playing Marine basketball

teams," Rutledge said. "We're used to playing other service's teams, so when we play other Marines it usually makes for a good game and an interesting outcome."

The teams were neck and neck throughout the whole game but the Hawaii Marines couldn't overcome the Twenty Nine Palms team during overtime.

"I look forward to getting another shot to play these guys again," said Jerry C. Fulleton, Hawaii Marine Varsity player. "We played our best and that's all we can do."

According the Derek Griffin, their win was due to Twenty Nine Palms running capabilities.

"I think this win boosted us up and we're definitely ready for the season," said Griffin.

The Twenty Nine Palms Varsity Basketball team was visiting here in order to have a practice game to prepare the team for its upcoming games.



Photos by Lance Cpl. Roger L. Nelson

Above: Louie Reyna, Hawaii Marine player, blocks the ball from Adam McPhearson in the first half of the practice game held at the Semper Fit Center.

Right: Louie Reyna, Hawaii Marine player, and Griffin Derek, 29 Palms player, jump for the ball in the beginning of a practice game held at the Semper Fit Center April 15.



Sports Briefs

Wednesday

Kaneohe Intramural Volleyball Season starts

Games at the Semper Fit Center begin at 6 p.m. Call Joe Au at 254-7591 for more information.

April 28 - 30

Top of the Mountain Spring Softball Tournament — The tournament will be held at Bordelon Field aboard Camp Smith. Cost is \$175 per team. Register at the Camp Smith Semper Fit Center.

Call 477-0498 for more information.

April 29

13th Annual 3D Marines 10K — The race will start at Pop Warner field at 7 a.m. “Run with the Fighting 3D” is the second event of the 2006 Commanding General's Fitness Series. The race is open to the public. Register at Semper Fit Center by day of the event.

Call 254-7590 for more information.

108th Hospital Corpsmen Birthday Ball Golf Tournament — Tournament registration will be begin at 10 a.m at the Kaneohe Klipper Golf Course. The deadline to register teams in April 14. The best-ball format tourney will kick off at 12:30 p.m. Longest drive and closest-to-the-pin competitions will also be held. Registration point of contact for 3rd Marines is Petty Officer 1st Class Swisher at 257-1144; 21st Dental is Petty Officer 1st Class Tramill 257-3100; MAG-24 is Petty Officer 1st Class Loza at 257-1371; and CLR-3 is Petty Officer 3rd Class Guebara at 257-2437.

Youth Soccer Clinic — The Hawaii Pacific University Women's Soccer Team will hold a soccer clinic open to all school age children from 8 a.m. to 12 p.m.

Admission to the event is two canned goods. Contact Virginia Tamura, 254-7610, for more information.

May 2

Servicing and cleaning of the Main Pool is estimated to be completed. The Officers' Club pool open during posted hours to all hands for duration of main pool renovation. For more information contact Harry Sprague at 254-7655.

Ongoing

Semper Fit All-Marine Chess Team — The competition will be held June 11 to 17 in Jacksonville, Fla. Marines interested in competing must submit resumes to the athletics coordinator by April 21. Resumes must include the United States Chess Federation membership card identification number, state of registration, USCF rating, date of rating, and record of significant chess activity during the past two years.

Call Stacy Barkdull at 254-7590, for more information.

Paintball Hawaii — Nestled behind the Lemon Lot here is Paintball Hawaii. Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m. Call 265-4283 for Friday appointments.

Personal Trainers Available at Semper Fit — For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, Semper Fit Center offers free personal training consultation.

Call Semper Fit Center at 257-7597 to schedule an appointment.

Semper Fit Center offers array of aerobics — The MCCA Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts.

Call 254-7597 for more information on the various classes now offered.

Briefs

Submit items for the sports briefs section via e-mail to editor@hawaiiimarine.com or call 257-8837.

There's nothing like yoga

Lance Cpl. Eric D. Arndt

CAMP FOSTER

CAMP FOSTER, Okinawa — Running, swimming, biking and martial arts are some of the most common types of sports used by service members to stay in shape. However, an art of smooth movement and steadily applied strength has made headway into the physical fitness arena that maintains and improves the wellness of its participants.

Marine Corps Community Services offers yoga classes at fitness centers on Camp Courtney, Camp Foster and Marine Corps Air Station Futenma weekly.

Yoga offers a different type of exercise than most aerobic programs, according to Jules M. Schmidt, a fitness instructor with MCCA.

"Yoga allows you to build heat, strengthen and increase flexibility, and then focus and release all of that tension," Schmidt said. "There's nothing else like it."

Yoga classes usually start in a sitting or standing position. Students focus on their breath, which must remain steady in order to prepare the body and maximize the cardiovascular work each person will go through during the 60- to 90-minute class.

After some light stretches, the class moves to Sun Salutations. These series of yoga poses lengthen the body and render it capable of moving through the remainder of the exercises without strain or injury.

The students then move through various postures, with movement between poses timed to the rhythm of an individual's breath. The teacher instructs the students to inhale when moving into poses that extend or expand the body and to exhale when performing different twists and bends.

At the end of a class, a short period of time is usually spent in Savasana, also known as Corpse Pose, which relaxes the body and releases its tension. On occasion, the teacher will guide students through meditation to calm their minds and relieve stress.

Yoga can be used as a way to



Above: Reiko Hatchette engages in the Standing Angle pose during a yoga class at Gunner's Fitness Center. The posture stretches the spine and massages internal organs in the abdomen.

Right: Jules M. Schmidt performs the Plie squat with her yoga students at Gunner's Fitness Center April 8. Plie squats have a variety of different hand motions that can be used in conjunction with the pose to work various areas of the body. Schmidt is a fitness instructor for Marine Corps Community Services.

Photos by Lance Cpl. Eric D. Arndt

aid focus and concentration, says LeAnn M. Hodge, a substitute teacher at Stearley Heights Elementary School.

"You come out feeling relaxed, yet full of energy at the same time," she said.

Those new to yoga should not be intimidated by how difficult certain postures may look, Schmidt explained.

"For someone who's new (to yoga), it's a nice activity that you can come in and perform at your own pace," she said. "A lot of times people are worried that they will have to meet a certain standard, but it's not like that in yoga. All you have to do is breathe and move."

For a schedule of Semper Fit gym yoga classes and other aerobic activities, visit <http://www.mccsokinawa.com> or call your local base gym.



Sailors attack hill



Lance Cpl. Roger L. Nelson

Sailors assigned with Command Patrol and Reconnaissance Wing 2 run sprints up Kansas Tower on their lunch break April 19. The Sailors conduct physical training at least 3 times a week and is usually a mix of push-ups and pull-ups and then a run. “We PT a lot so we can stay in shape and keep our PRT (physical readiness test) scores up,” said Chief Filomeno F. Santos, CPRW-2 staff. “When we run up KT we usually will run there from the track and then do six or seven sprints and then we call it quits.”

MCBH Pool info

Lance Cpl. Roger L. Nelson
Combat Correspondent

The Base pool has been closed since Jan. 9, for maintenance and repairs according to Dino Leonard, assistant manager, base pool.

Leonard said many people have been asking when the pool is going to open again, and that day is right around the corner.

“We are scheduled to open May 2, with lap swimming sessions from 11 a.m. until 1 p.m.”

The swimming pool at the Officer’s Club is open Wednesdays through Fridays from 1 until 5 p.m., and on Saturdays and Sundays from 11 a.m. until 5 p.m. The pool can be used for laps, leisure swimming and also has a pool for children.

Right: Fred Haggett, lifeguard, Base Pool, pressure washes the bottom of the pool in order to prepare to the reopening of the pool May 2.

Below: A warning sign serves as a reminder that the Base Pool has been closed since Jan. 9, due to maintenance and repairs and it scheduled to reopen on May 2.

Bottom: A swimmer is seen in the middle of a lap at the pool at the Officer’s Club.

Photos by Lance Cpl. Roger L. Nelson



America's
Squadron
kick shins,
ROK airmen
egos, 5-3

**Lance Cpl. Cindy G.
Alejandroz**
Combat Correspondent

**MARINE CORPS AIR
STATION IWAKUNI Japan**
— Marines and Sailors of Marine Wing Support Squadron 171 blasted past the Republic of Korea airmen and arose victorious after competing in a friendly soccer match, March 26.

The game was set up by the Korean protestant Chaplain here and Marine Wing Support Squadron 171 Chaplain to sponsor a community relations event.

Although ROK airmen are not regularly allowed to play soccer in order to avoid injuries, they were given the opportunity to compete in an effort to improve relations between the two cultures.

“Myself and the chaplain (Lt. Timothy D. Gault) got together and set up a game both countries could enjoy,” explained Capt. Hong H. Hee, ROK Air Force Chaplain and native of Chun-Chun, Korea. “It’s a good event to better understand each other and have more to share.”

The U.S. service members kicked off the game immediately playing with fervor. Lance Cpl. Daniel S. Carter, native of Atlanta, scored the game’s first goal with an assist by Lance Cpl. David A. Ramirez, native of Ft. Lauderdale, Fla.

“It was cool, things were going pretty good in the game,” said Carter. “I thought we could have been annihilating them.”

A second goal by either team took it’s time to come around as the ball went back and forth on the Airmen’s defensive side.

Cashing in their patience, the South Korean airmen scored their first goal in the game. Capt. Suyong Park native of Gyung-gi Province, Korea, blasted one straight to the net. The game continued 1-1, until halftime.

“They definitely keep the ball more than we do but we’re more aggressive,” commented Carter.

The intensity of the game grew as the whistle blew to begin the second half. After the quick refuel, most U.S. service members started to play with increased intensity and their second goal was scored by 2nd Lt. Chris M. Stokes, native of Kingsport, Tenn., off an assist from Lance Cpl. Mathew J. John native of Teaneck, N.J.

“We were doing a lot better than last year out there,” said John, who watched a soccer game of ROK forces against Marines during last years’ Foal Eagle Exercise. “We had a lot more people this year with pride.”

The 2-1 lead only lasted for a short moment; Capt. Nam S. Sup native of Daegu, Korea scored a surprising goal from the middle of the field.

The game stayed tied until the end despite several ROK airmen attempts to score and several blocks from goalie Lance Cpl. Peter Ficnerski, native of Ft. Myers Beach, Fla. Things would have to be decided during penalty kicks.

The penalty kicks started and Stokes scored his second goal of the day with ease and a following attempt by ROK airmen proved unrewarding. Only one attempt by ROK airman Capt. Lee P. Chur, was successful.

Ramirez and Carter scored two more goals for the US service members, bringing the final score to 5-3.

“The game went very well, everybody had a good time, it was pretty competitive, I couldn’t imagine things turning out any better,” said Gault.

Puttin’ around



Staff Sgt. Ronna M. Weyland

Patrons of the Kaneohe Klipper practice on the putting green before playing on the 18-hole championship golf course. The Klipper also has a separate driving range and chipping green. The Ko’olau Mountains frame the front nine and the Pacific coastline spans the back nine.

The Kaneohe Klipper course also offers a variety of additional services including golf lessons, a Junior Golf Program and rental equipment. For more information call 254-2107.

9th Comm. takes title

Richardson Miron
Camp Pendleton, Calif.

Camp Pendleton, Calif.— Marine Corps Air Station’s Shane Studer was saying all the right things. While the urge to openly opine about an official’s call — which ended the Pendleton Cup Volleyball League’s All-Base Championship Game on match point — was clearly tugging at him, it appeared he was going to get through his post game interview without succumbing to the temptation.

Then, at the very last second, he let one slip.

“‘Ninth Crime,’ 9th Comm. played great today,” Studer said with a chuckle after 9th Communication Battalion dropped MCAS, 25-17, 25-23 for the first-place trophy on Friday at the Paige Fieldhouse.

Studer, the league’s co-MVP, quickly recovered from his momentary slip of the tongue, to issue a more politically correct statement: “They were clearly the better team today.”

Studer was being forthright, the third-seeded 9th Comm. volleyball squad was the better team — but it didn’t change the fact his squad had reason to raise its eyebrows on the way the game concluded.

The head official on the court gave MCAS’ outside hitter Mike Pyland a yellow card on match point for arguing a previous ruling. By choosing the wrong words, Pyland sealed the deal for 9th Comm.

“We had a disagreement over a call,” Pyland said of the final ruling. “I was surprised, but it’s not an issue. I’m not gonna make it an issue.”

That was all Pyland said about the call, which added a touch of controversy to a game that was ballyhooed as a battle between two underdogs. Neither the third-seeded 9th Comm. nor the fourth-seeded MCAS were expected to be playing in the final. It was regular-season champ Marine Corps Tactical System Support Activity and No. 2-seed Brigade Service Support Group 1 that appeared destined for the championship match.

But after the season’s final spikes and digs, it was clear 9th Comm. was the league’s top performing unit. At least during the postseason.

“We started slow this season, but we came together,” 9th Comm. standout and coach George Moleni said. “The team played really well. This was a great win for us.”

In the decisive second game, 9th Comm. — already up one game to none — jumped out to a 13-6 lead thanks in large part to the play of its three giants at the net. James Hayes (6-foot-7), Seth Knowles (6-foot-5) and Ryan Ohare (6-foot-3) made a formidable front line.

MCAS was able to rally back and tie the score at 16, and actually took its first lead at 22-21 — but the squad couldn’t do anymore damage. A few unforced errors and Pyland’s yellow card finished the game.

“We were struggling all game,” said Studer, who was the regular season’s co-MVP with MCTSSA’s David Ortiz. “We couldn’t make our passes, we couldn’t hit, we couldn’t block. The game really didn’t come down to (the yellow card on Pyland).”

While the official’s ruling clearly was a lively topic at the game’s conclusion — it was 9th Comm.’s Knowles, who recorded a game-high eight kills and four blocks, that earned some attention. For his efforts, Knowles was named the game’s MVP.

“That was the best we’ve played all season,” Knowles said. “Our practice paid off. That’s why we came together.”

Got parking?



Cpl. Michelle M. Dickson

The base theater parking lot is closed for the summer due to the addition of a sidewalk and maintenance work.